



# The Perennial Post

Newsletter of the Sacramento Perennial Plant Club  Sept/Oct 2019

## President's Message

Lorraine Van Kekerix

Even if it's still hot, it's back to normal Club activities after our summer "vacation." Fall is the best time to plant most perennials. The roots will grow rapidly in the warm soil so the plant will have a large root system before next summer's heat. There will be lots of locally adapted plants at the October plant sale. Plus, you can't beat the plant sale prices. See the article on page 2 for more information and how to volunteer.

Lots of behind the scenes work makes Club activities successful. Many thanks to those who continued to work during "vacation" to promote the club at Harvest Day, plan garden tours, help at the Shepard Garden & Arts Center and WPA Rock Garden, develop by-laws revisions, pay bills and develop a budget, update the website, write for and publish the newsletter and prepare for upcoming sales, events, grants and projects.

**The Sacramento Perennial Plant Club provides educational opportunities for Sacramento area gardeners and horticulturalists to learn about perennials appropriate to our climate and water limitations.**

**Meetings are held the fourth Thursday of the month (except July, Aug, Nov and Dec) at 7 pm at the Shepard Garden and Arts Center in McKinley Park, 3330 McKinley Blvd., Sacramento. Meetings are free and open to the public.**

## September Program Speaker

**Karen Loro**  
*Grow Native!*

THURSDAY — SEPTEMBER 26, 2019 • 7:00 PM  
SHEPARD GARDEN & ARTS CENTER

From as far back as she can recall, Karen Loro was fascinated with the natural world. A desire to learn about Native American uses of plants and gardening in general was stimulated by spending many hours outdoors. Though she enjoyed a long career in nursing, her deep interest in plants led to becoming an herbalist and growing over 150 medicinal plants. Not surprisingly, after moving from Sacramento to the foothills, she gravitated towards growing California natives on a fenced, half-acre. Karen is active in the CNPS Redbud chapter, propagates native plants, and tends a native garden at South Yuba River State Park where she also leads wildflower walks. Additionally, her time with plants competes with photography, scuba diving, cycling, and hiking. And, yet to round it off, she's added fiddling with the SF Scottish Fiddlers to her interests. Karen will discuss how incorporating native plants in our gardens plays a vital and important role towards creating wildlife habitat.

## October Program Speaker

**Luanne Leineke**  
*Winter Pruning Tips*

THURSDAY — OCTOBER 24, 2019 • 7:00 PM  
SHEPARD GARDEN & ARTS CENTER

As a young girl, Luanne Leineke enjoyed climbing, especially up into trees. Obviously, it opened up a new and intimate perspective on trees and the world that most landlubbers will never know. After earning a horticulture degree at American River College, she went on to work thirteen years for the Sacramento Tree Foundation. There she found the staff to be inspiring and nurturing mentors — passionate in promoting tree planting, educating on tree care and leading tree tours. Now retired, she is a massage therapist and a volunteer at the Stock Ranch Nature Preserve where she selects and tends drought tolerant plants, including California natives. She enjoys the chance to continue learning and growing in harmony with nature, building habitat and observing the ground-nesting bees. Luanne will share winter pruning tips and tree planting basics.

\*Remember there are five Thursdays in October; we meet on the fourth Thursday.

[WWW.SACRAMENTOPERENNIALPLANTCLUB.ORG](http://WWW.SACRAMENTOPERENNIALPLANTCLUB.ORG)



# Sacramento Perennial Plant Club

## OFFICERS

**President:** Lorraine Van Kekerix  
**Vice-President:** Beverly Shilling  
**Secretary:** Bobby Frieze  
**Treasurer:** Pat McKnight

## CONTACTS

**E-Mail:** Kirsten Salomon  
**Grant Program:** Jane Thompson  
**Hamilton Square:** Vacant  
**Membership:** Carol Meininger  
**Newsletter:** Cheryl McDonald  
**Plant Sales:** Deborah Renfrew  
**Publicity/Website:** Linda Hax  
**SG&AC Rep:** Noelle Anderson  
**Speakers:** Daisy Mah  
**Tour Coordinator:** Sharon Patrician  
**Vendor Sale:** Lili Ann Metzger  
**WPA Garden:** Daisy Mah

Send questions or comments to:  
[pres.sppc@gmail.com](mailto:pres.sppc@gmail.com)

## BOARD MEETINGS

All SPPC members are invited to attend monthly board meetings. Meetings begin at 4 p.m. at a board member's home; then followed by a potluck dinner.

**September 12**  
RSVP to Lorraine Van Kekerix  
(916-457-2674)

**October 10**  
RSVP to Noelle Anderson  
(916-731-4648)

## NEWSLETTER

The due date to submit a garden-related article for the **Nov/Dec 2019** issue is **October 15**. Please send your article to Cheryl McDonald: ([mcdonald4214@sbcglobal.net](mailto:mcdonald4214@sbcglobal.net)).

*The Perennial Post* is published bimonthly except for July and August. Archived newsletters can be viewed on the club's website.

## REMINDER

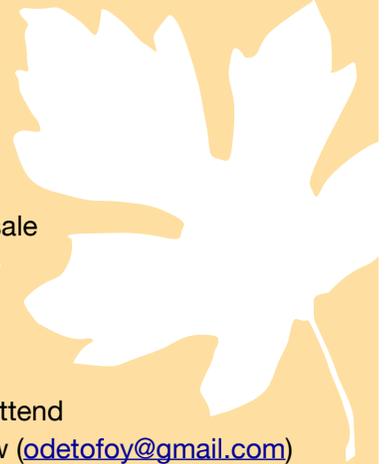
**There will be no general meeting in November and December.**

# Annual Fall Plant Sale

**Saturday & Sunday**  
**October 5-6, 2019**  
Shepard Garden & Arts Center  
10 a.m.– 4 p.m.

**Fall is the best time to plant!** The fall plant sale is filled with healthy, member-grown plants to purchase at very reasonable prices.

Successful sales require volunteer workers and shoppers! Sign-up to volunteer at the September 26 general meeting. If unable to attend the meeting, please contact Deborah Renfrew ([odetofoy@gmail.com](mailto:odetofoy@gmail.com)) to sign-up for a two-hour shift.



## By-laws Revisions

The Board is working on by-law revisions and hopes to send out revised by-laws for a Club member vote this fall or winter. By-laws are the rules the club should comply with at all times. Issues with the current By-laws include: Some parts are unclear; different sections specify two ways we are supposed to do the same thing; or changes over time have resulted in inaccurate by-laws. The proposed changes should allow future compliance with less need for future revisions.



**Happy volunteers at Harvest Day ready to answer your questions. A big thank you to everyone who helped out. From left to right: Ruth Craft, Sharon Patrician and Deborah Weber**

BARBARA BEDDOW

# Tour Updates

## Santa Cruz Garden Tour Didn't Disappoint

By Sharon Patrician

**A** stalwart group of thirteen Perennial Plant Club members set out August 17 and 18 for Santa Cruz and Watsonville to escape Sacramento's blistering heat. Santa Cruz came through: there was a lovely fog bank on the coast and even a few raindrops, not to mention a substantial temperature drop.

The first stop was the UC Santa Cruz Arboretum for a two-hour stroll through the Australian, South African and Californian gardens. Mike, our docent, was extremely knowledgeable and pleasant company. Then we drove to the Center for Agroecology & Sustainable Food Systems where our leader, Dennis Hagen, took us through the UCSC



Banksia at UC Santa Cruz Arboretum

ANITA CLEVELINGER



UC Santa Cruz Arboretum

ANITA CLEVELINGER



Center for Agroecology & Sustainable Food Systems

SHARON PATRICIAN

Farm, the Chadwick Garden and Cowell Ranch Hay Barn. There is much research and trial gardening happening here—sustainable, commercial food production is becoming more realistic.

After a delightful dinner in Capitola for most of the group, we traveled the next morning to Castroville to visit Succulent Gardens, a grower and retailer that has 700 species available. After spending some coin here, we traveled next to Sierra Azul Nursery in Watsonville. In addition to the nursery with many interesting perennials, there is a large sculpture garden with enchanting works by local artists. We topped off our visit (and shopping of course) with a trip to Gizdich Ranch for homemade pie a la mode!

The consensus was a terrific weekend with interesting stops, beautiful landscape and good food.

## Save the Date(s)

A tour of an Asian garden in Davis is in the works for either October 19 or October 22. Debbie Arrington has reported on this garden in her blog, *Sacramento Digs Gardening*, and believes it a great representation of an Asian garden in our hot valley. An e-mail will be forthcoming as soon as we are able to confirm a date. To read more about this garden, go to:

<https://sacdigs Gardening.blogspot.com/2019/06/make-reservations-now-to-tour-famous.html>

# Calendar

### September 12

SPPC Board Meeting  
Lorraine Van Keerix (916-457-2674)  
Starts at 4 p.m.

### September 21 (Saturday ONLY)

Fall Native Plant Sale and Art Market  
Shepard Garden & Arts Center  
10 a.m.–4 p.m.

### September 26

SPPC General Meeting  
Karen Loro  
*Grow Native!*  
7 p.m.

### September 28

Shepard Center Clean-up Day  
9 a.m.–1 p.m.

### October 5-6

Annual Fall Plant Sale  
Shepard Garden & Arts Center  
10 a.m.–4 p.m.

### October 10

SPPC Board Meeting  
Noelle Anderson (916-731-4648)  
Starts at 4 p.m.

### October 24

SPPC General Meeting  
Luanne Leineke  
*Winter Pruning Tips*  
7 p.m.



## 2020 Saul Wiseman Grants

You may be participating in (or know of someone who supports) a gardening program or activity in your community that would benefit from one of our 2020 Saul Wiseman Grants.

Our purpose is to promote gardening and horticultural activities with an emphasis on education, service, and enhancement to our community. Non-profit groups and schools throughout the county of Sacramento are encouraged to apply.

Our 2020 Application is available now and may be downloaded from our website (by clicking GRANTS) and submitted online or by mail. Application deadline is **January 15, 2020**.

For more information or to request a printed copy, please contact

**Jane Thompson** at:  
[sppcgrants@gmail.com](mailto:sppcgrants@gmail.com)  
or (916) 494-9302.

## In Case You Missed It . . .



Our June General Meeting & Salad Potluck was a great success. Lots of refreshing and healthy salads were brought and devoured. For dessert, the club provided apple pie.

**Jim Thompson** gave an informative and well-received presentation, “Storing

Fruits and Vegetables for Better Taste.” Jim sent us home with an excellent chart showing the best way to store postharvest fruits and vegetables. To download a copy go to: [https://ucanr.edu/sites/Postharvest\\_Technology\\_Center\\_/files/231978.pdf](https://ucanr.edu/sites/Postharvest_Technology_Center_/files/231978.pdf)

Many thanks to **Jane Thompson** for organizing this event and the club members who gave her a hand. It was a fun team effort!

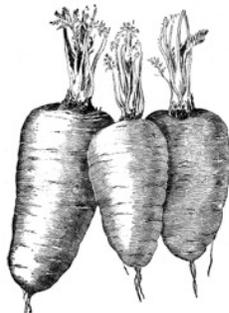
Below is a recipe for one of the many delicious salads.

### Moroccan Grated Carrot and Beet Salad

Serves 4

#### INGREDIENTS

2 cups of grated carrots  
1 cup of grated fresh beets  
1/2 cup golden raisins  
1/2 teaspoon sweet paprika  
1/4 teaspoon ground cumin  
1/4 teaspoon cinnamon  
Small pinch of salt  
Small pinch of cayenne  
2 Tbsp lemon juice  
2 teaspoons honey  
2 Tbsp sliced fresh mint leaves



#### DIRECTIONS

Place the grated carrots in a medium sized serving bowl. Place the grated beets into a sieve and briefly rinse with cold water. This will rinse away a little of the excess beet juice that may otherwise color the whole salad beet red. Pat dry with a paper towel. Then add to the bowl with the carrots. Add the raisins. Stir to gently combine.

In a small bowl, whisk together the paprika, cumin, cinnamon, salt, and cayenne. Then add the lemon juice and honey and whisk until smooth. Drizzle over the the carrots and beets, then gently fold until the carrots and beets are lightly coated. Let sit for an hour before serving, either chilled or at room temperature, for the dressing to seep into the carrots and beets.

Right before serving, stir in a couple tablespoons of sliced fresh mint leaves. Garnish with fresh mint.

*Recipe printed with permission from “Simply Recipes.”*  
<https://www.simplyrecipes.com>

## Grants Visitation Day

Here are some of the happy gardeners who are benefiting from our 2019 Saul Wiseman Grants...



Butterfly Garden at **Garden Valley Elementary School** in conjunction with the Natomas Garden & Arts Club



The Neighborhood Garden Team provided hands on gardening experiences to the students of **Bret Harte Elementary School** in Sacramento. Grant funds were used for mulching, spring plantings, fence and gate building and repairs.

# Easy Summer and Fall Bulbs for the Sacramento Region

By Ellen Zagory

I love having bulbs that bloom during the summer heat like the ubiquitous belladonna lily (*Amaryllis belladonna*), its flowers popping up (from leafless bulbs) in defiance of drought and heat. Most often a pale pink color, special selections available in nurseries can be found in pure white to a dark rose-pink. There is debate about parentage of these plants. They're sometimes considered to be hybrids with *Cybistetes* and might be seen under the name *XAmaristites* or other times as *XAmarygia* assuming they hybridized with *Brunsvigia*.

Another summer surprise is the tall, white, jet-trail flower stalk of *Drimia maritima* (previously *Urginea maritima*) the sea squill blooming at the same time as belladonna lily from enormous bulbs. This unusual bulb may require patience while getting to flowering size. As bulbs enlarge they increase in numbers, making large clusters. Your friends will be begging you to share in the riches you possess.

One Allium, or ornamental onion, useful in the low-water summer garden and one I let move around here and there, is *Allium tuberosum*, garlic chives. It blooms in August along with the sea squill and belladonna lily. It spreads from seeds so deadhead as soon as the flowers are done. Beware some other onions that can become invasive pests and take over everything in your garden, especially *Allium triquetrum*, the three-cornered garlic, that naturalizes and moves into wild areas.

In a shady area I have found pineapple lilies, *Eucomis* to be interesting additions with their little "top knots" of foliage atop the flowering spikes. They can be large, up to two feet tall, like the variety 'Ruben', or small like the only six to eight inch tall 'Leia'. Both have mauve-purple flowers in summer and tolerate infrequent irrigation. *Zephyranthes candida*, the Argentine rain lily, is tough, adaptable and a vigorous bloomer that also blooms in bright shade. Allowed to go dry when soils dry in spring, it will lose its leaves in summer. Then, after a few deep irrigations in August and September, up pops many white crocus-like flowers for a beautiful display.

In fall two special bulbs I always look forward to seeing are *Sternbergia lutea*, the autumn crocus, and *Rhodophiala bifida* the oxblood lily. Available online and also in specialty nurseries I prize them for their bloom in early fall. *Sternbergia* is a clear, beautiful yellow on short stalks perfect for planting along paths and among smaller perennials. The oxblood lily, native to Uruguay and Argentina, produces upright clumps of bright, showy red flowers about a foot above the ground. *Lycoris radiata* is another red-flowered easy bulb with long stamens extending beyond the petals and curving backward creating a "spidery" shape.

To avoid the bare spot that results from the summer deciduous nature of these plants, combine them with dwarf ground covers or summer-growing, winter-deciduous plants. This masterful technique can provide attractive plantings with flowers nearly all year.



*Amaryllis belladonna*



*Drimia maritima*



*Allium tuberosum*



*Eucomis*



*Sternbergia lutea*

PHOTO CREDITS, LEFT TO RIGHT: TAIR ZIMMERMAN, TAIR ZIMMERMAN, WIKIPEDIA, TAIR ZIMMERMAN, UCD ARBORETUM AND PUBLIC GARDEN

## Tool-of-the-Month



### Yard Sale Treasure Map

It's not very often that I get really excited about a garden tool.

And to be honest, this isn't really a garden tool—but a tool to get garden tools. Immediately get your smart phone. Install the app "Yard Sale Treasure Map." (<http://yardsaletreasuremap.com/blogit/>)

What you now have is an app that will allow you to see a map of all of the garage sales and estate sales in the U.S. and Canada. I know—hard to believe. So why do I think you might care? Perhaps you have every garden tool that you would ever want. Perhaps you have a supply of fertilizer that will last you a life time. Perhaps you have absolutely no more room for one more flower pot. Perhaps you have no interest in enhancing your garden with a decorative piece. Perhaps when visiting a relative in Toronto, you don't have a spare moment to enjoy garage sale-ing with a cousin on the weekend.

My point is—you will always have the potential to go to a garage sale whenever and wherever you feel like it—because, I know you are tethered to your phone.

—Stan, *The Tool Man*

### Did You Know . . . ?

Since April of this year, **Debbie Arrington** has been writing a weekly column in *Sacramento News & Review's* new home and garden section, called "Place." You can also read Debbie's popular blog, *Sacramento Digs Gardening*: <https://sacdigs Gardening.blogspot.com>.



### Notes from the Shepard Garden & Arts Center

The improvements we have made to the garden beds around the Shepard Center are holding up pretty well in the summer heat, especially our



club's pollinator garden created by **Daisy Mah** (see photos). Daisy really knows how to please those butterflies and bees all year round! Our club's garden is part of the "Perimeter Project," whose goal is to improve the Shepard Center's curb appeal and thus encourage more outside rentals, bringing in more revenue. If you would like to help, please come to the **Shepard Center Clean-up Day** on Saturday, September 28 from 9 a.m. to 1 p.m.

*Reduce  
Reuse  
Recycle*

*What a  
sweet idea for  
a much loved  
vintage VW  
at Succulent  
Gardens in  
Castroville.*





# Gardening by the Book

By Diana Morris

Planning a vacation around visiting showplace gardens, botanical gardens or off the beaten path gardens? How about gardens by renowned authors? Websites listed give information about open hours, days, and more about each garden. Here are some suggestions for consideration.

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**Elizabeth Lawrence**—a gardening columnist for the *Charlotte Observer* from 1957 to 1971, she also published four books on gardening, corresponded with fellow gardeners including Eudora Welty. A compilation of her newspaper pieces is in *Through the Garden Gate* (University of North Carolina Press, 1990). Visit her garden in Charlotte, NC, [winghavengardens.com](http://winghavengardens.com).

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**Beatrix Potter**—the much loved children's author of Peter Rabbit and more left a gardening legacy still intact today. Two gardens in England, one in Wales, and one in Scotland consisting of 4,000 acres of farms and land are held by the National Trust. Potter was an exceptional story teller and artist but also a very savvy businesswoman. When she needed money for gardening projects, she wrote another book. Suggested reading: *Beatrix Potter's Gardening Life* by Marta McDowell, Timber Press, 2013. (A great read, included are two tables consisting of plants Potter grew in her gardens and plants in her books. Here's a challenge—grow a Beatrix Potter garden! And watch the movie *Miss Potter*.) Thanks to SPPC member Janice Sutherland for suggesting and reviewing this book.

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**Anne Spencer**—a poet, who was a contemporary of Langston Hughes and Zora Neale Hurston, Spencer opened her home to fellow African American intellectuals, (segregation laws banned them from hotels). Her garden is planted in cottage style and includes loose, informal beds of bulbs and roses, a circular pond, pergola and arbor with climbing wisteria. Suggested reading: *Lessons Learned From a Poet's Garden* by Jane Baber White (Blackwell Press, 2011). Visit Spencer's garden in Lynchburg, VA, [annespencermuseum.com](http://annespencermuseum.com).

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**Edna St. Vincent Millay**—a Pulitzer Prize winner for poetry, Millay gardened on a 700 acre farm where she hosted parties, gardened in the nude and built a writing shack among a pine grove she planted. Currently Millay's garden in Austerlitz, NY is closed to the public, [millay.org](http://millay.org).

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**Eudora Welty**—a short-story writer and novelist, Welty honed her gardening skills from her mother in her family's Mississippi home. Favoring lush blooming, heady-scented roses, annuals, perennials including irises, day lilies, and larkspurs but her great love was reserved for camellias, close to 30 different varieties in all shades of red, pink, and white, while her bedroom overlooked *Camellia japonica* 'Lady Clare.' Suggested reading: *One Writer's Garden: Eudora Welty's Home Place*, by S. Haltom and Jane Roy Brown. Visit Welty's garden in Jackson, MS, [eudorawelty.org](http://eudorawelty.org) for info.

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**Edith Wharton**—if you were one of the chosen few that slogged through *Ethan Frome* by Wharton in English lit classes take heart, she was happier in the garden than Ethan Frome was in her book. Influenced by European visits, she created three acres of formal gardens with rooms that featured marble, water, and verdant perennials. Find her inspiration in *Italian Villas and Their Gardens* by Da Capo, 1976. Visit her garden in Lenox, MA, [edithwharrton.org](http://edithwharrton.org).





## The Perennial Post

SPPC Newsletter  
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*Blooming protea at UC Santa Cruz Arboretum*

ANITA CLEVENGER